



THE CITY OF RIVERDALE
CULTURAL AFFAIRS
& LEISURE SERVICES



Summer I Class Course Descriptions July 1 – September 3, 2011

***The following classes are included with Annual and Semi-Annual passes. Participants must pre-register for classes. Monthly pass holders can add these classes for an additional \$10 per month.**

Step it Out – Perform the latest moves and stepping routines made famous by African American Greek sororities and fraternities, as well as in movies like *Bring it On*, *Stomp the Yard*, and *School Daze*. Burn the calories as you learn. Appropriate for youth 13 – 18 and the young at heart.

Saturdays

1:00 – 2:00pm

Yoga - A flowing sequence of traditional poses (asanas) using movement with breath, increase your strength, coordination, concentration, and body awareness while calming your mind and reducing stress. Challenge yourself at your level (modifications provided), and leave feeling more balanced, on the mat and off. **For hygienic purposes, please bring your own yoga mat.**

Tuesdays

6:00-7:00pm

R&B Line Dance - Get into shape while doing some of your favorite line dances like the Electric Slide, Wobble, Jamaica Funk, and so many others. It is an efficient full body workout in a short period of time. You Dance, you Sweat, but best of all, you burn the calories in a fun, stress-free atmosphere.

Wednesdays

7:30 – 8:30pm

Kickbox Cardio - Practice skills like jabs, upper cuts, and sidekicks to perfect your technique. Then, learn intense cardiovascular routines that combine the punches and kicks for the ultimate lean, fighter's body.

Thursdays

7:15 – 8:15pm

Lifestyles/Professional Development Classes: Saturdays, 10:00a – 11:30a

July 9

Intro to Salsa

This course is designed for absolute beginners to Salsa. You will learn very basic footwork, turns, patterns, shines and be introduced to proper posture, weight transfer, frame and connection. The class will introduce you to basics of leading and following, salsa music and timing. Then take what you've learned to the next party.

July 16

Summer Skin Care & Makeup

Learn techniques for summer-time day and evening looks from a professional makeup artist. Preparing for special occasions, including weddings, photo shoots, and major events will be covered in this workshop.

August 13

Gardening & Landscaping

Part II of our spring workshop presents tips on transitioning your garden from summer to fall, including how to compost, and use organic and reclaimed materials to make your garden grow.

August 27

The Art of Doll Making

The art of doll making has been passed down from generation to generation. Artist Tonia Mitchell shares examples of her contemporary work, and will entertain questions from the class on tips and techniques.

Lifestyles/Professional Development Classes are offered FREE to users as a Member benefit, and must be registered for in advance of the class.

GET
FIT!

TAKE A
FITNESS
OR
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CLASS

SUMMER
CLASS SCHEDULE
7/1 - 9/2



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The following classes may be added at the cost(s) listed below. You must have a monthly, semi-annual or annual pass to register, or pay the Drop-In rate per day; \$8 resident, \$9 non-resident.

Gutt & Butt – Toning workout focusing on working the gluts, legs, and abs.

Mondays 6:00-7:00p \$20

Hip Hop - Contemporary hip hop, locking, poppin, and breakin styles are represented in this class. Classes start off with a basic warm-up, then breaks down into several hip-hop combinations. This class is geared toward students who are beginner/advanced beginner level. Appropriate for youth 13 – 18 and the young at heart.

Mondays 7:00-8:00p \$20

Zumba - Latin rhythms and easy-to-follow moves create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Achieve long-term benefits while experiencing an absolute blast in calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Tuesdays 7:00-8:00p \$20

Total Body – A great workout for the novice to the more experienced participant. Upper body work with hand weights and rubber tubes combined with lots of lower body work for the gluts, legs and abs that is sure to tone muscle and loose inches! This class is great for body sculpting!

Wednesdays 6:00-7:00p \$20

Tai Chi - Combining meditation, relaxation, training methods from time honored traditions of Qigong, as well as modern understanding of both body & brain, you will cultivate the necessary awareness for body alignment and conscious awareness throughout the whole body.

Thursdays 6:00-7:00p \$20

Interpretive Dance – Learn to use movement to “speak” with your body. This class is a fun learning experience for all ages and genders that always wanted to take a dance class, but were afraid to try. Several different dance forms will be covered each week to help discover the dancer in you.

Fridays 6:30 – 7:30p \$20

Gospel Cardio – High impact movements incorporating a variety of unique and intense cardio to the music of today’s great gospel artists. Participants will have FUN while developing skills, flexibility, and sharpening their knowledge about healthy food choices.

Saturdays 11:00-noon \$20

REFUND POLICY: No refunds are allowed after the first class is conducted. Refunds prior to the first class are subject to a 25% administrative fee.